



RAPID TRANSIT

A publication of the Chattanooga
Whitewater Kids Club

Fall/Winter 2002 Issue

**Chattanooga
Whitewater Kids Club**
a junior kayaking
instructional program
for youth ages 11-16

Inside this issue:

From the Eddy	1
Trip Report: Ocoee River	1
Q&A With Joe Jacobi	2
Trips and Clinics	3
Calendar of Trips	4-5
Shaunte's Tech Tips	5
CWKC Info	6

READ THIS!

- * E-mail us your trip reports for possible publication in future issues of Rapid Transit.
- * Log onto www.whitewaterkids.com for other articles and additional info on the CWKC.
- * Want to buy a used kayak? Give us a call!

FROM THE EDDY

Welcome to what we hope will be a three-times per year publication. The purpose of this publication is to keep you updated on trips, instructional clinics, and happenings of the Chattanooga Whitewater Kids Club. We have just completed a very busy summer that has included many paddling trips to the Hiwassee, Nantahala, Pigeon, and Ocoee Rivers. We hope to continue that trend this fall with trips all over the southeast and a slalom racing class in November. We are also already making plans for next summer, with huge hopes that next summer will see a CWKC paddling trip to the rivers of Colorado. So if you have dreams of paddling under the 14,000-foot peaks of Colorado, you had better get in your boat as much as possible this fall, winter, and spring!

We were saddened by the departure of CWKC staffer and instructor Miles Ledford earlier this spring. Miles decided it was time to focus his attention on academic endeavors, so he has left to finish up his business degree at UTC. Good luck, Miles, and we expect to see you soon on the river and in the boat.

Allow me to now introduce Shaun Smith, our new CWKC director, instructor, and organizer. Shaun brings HUGE paddling credentials to his work with the CWKC. Shaun has been a perennial top 10 in the country in men's slalom kayak, with an 8th place finish at the 1996 Olympic Team Trials

and a 10th place finish at the 2000 Olympic Team Trials. Shaun also recently finished 11th at the 2002 U.S. National Championships. Shaun is an ACA-certified kayaking instructor and has been paddling since he was 3 years old. He has paddled and trained in Costa Rica, Australia, and all over Europe. He has been known to push the limits of kayaking with numerous runs on some of the hardest whitewater in the world. Shaun even paddled the Upper Gauley and Upper Yough when he was 13 years old! After a devastating paddling injury in 2001, Shaun moved to Chattanooga to finish up his degree. We are very lucky to have a paddler with his credentials and passion for the sport teaching kids to kayak.

Come join Shaun and me this fall and winter.
SYOTR!

Jeff



Shaun Smith leaving the Room of Doom in the Upper Gauley's Pillow Rock Rapid.

TRIP REPORT: OCOEE RIVER FIRST-TIMER

By Taft Sibley, Age 15

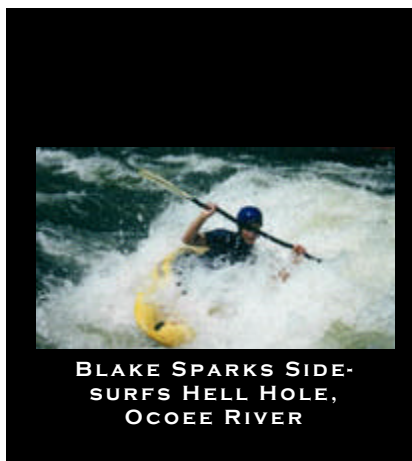
My first trip down the Ocoee was a blast. I had always been a little intrigued about the river. I knew I had nothing to worry about though because I was with many experienced paddlers. The first rapid on the river is called "Grumpy's," from the put-in it is a hard ferry to river left. It is kind of hard because of the swift current. If you don't make the ferry then you are swept into some rocks. The next rapid is a great play spot; I had a lot of fun here working on

my stern squirt. On down the river is "Broken Nose," Unfortunately I did not make the small eddy on river right, I went down backwards! Luckily I didn't get stuck, and it was actually fun. After that the next rapid is "Double Suck." The eddy above is behind a big rock. I told Jeff that I wanted to go down the hard way, so he let me pick my own run. I went straight down into the hole; little did I know that it was a keeper. When I made it out everyone

OCOEE FIRST-TIME, CONTINUED

had a look of astonishment on their faces, and I didn't know why. They explained that in most cases when a person goes in there, it takes a while and a whole lot of work to get out. The next time I went down the river, I didn't dare go near it. Beyond this is Double Trouble. It is a series of wave like shoals; they are like 5 feet tall. When going over them it seems like you are air-borne. After passing them I looked back and a raft was practically vertical, it was pretty neat to think I had just gone over that. A short jog down the river was Goforth creek; this is where we took out. This was a great trip and I had a great time! I would highly recommend for anyone who either has nothing to do, or wants some adventure to join the White Water Kids Club. The instructors are some

of the best paddlers in the area and even the nation, and so is the program.



Q & A WITH JOE JACOBI

1992 Olympic Gold Medalist Joe Jacobi has just returned from a 2-month trip to Europe where he and C-2 partner Matt Taylor competed against the world's best paddlers. With a 4th place finish at the World Cup in Augsburg, Germany and 1st place at the U.S. National Championships in D.C., Joe and Matt are off to a great start on their quest to represent the U.S. at the 2004 Olympics in Athens, Greece. Joe recently sat down with Rapid Transit and talked about his and Matt's successes.

RT: In 10 words or less, describe your experiences racing in Europe this summer.

JJ: My most enjoyable summer overseas, in and out of the boat!

RT: What has been the most important contributing factor in your and Matt's success in Europe and at the National Championships last week?

JJ: It sounds cheesy but our constant and high priority on "the team" (Matt and me) puts all the other critical parts of racing in perspective. So we keep coming back to our individual qualities and characteristics that make it easy for us to put our team first.

RT: What is your best advice to new paddlers in the sport who want to progress to your level of elite paddling?

JJ: My advice to new paddlers with dreams of competing at the

elite level is to keep it as a dream and focus on keeping the process for reaching your dreams fun, free of pressure, and improving through small steps one rapid at a time.

...focus on keeping the process for reaching your dreams fun, free of pressure, and improving through small steps one rapid at a time.

Joe Jacobi

RT: Paddler Magazine has just run an article on the greatest paddling films of all-time, with Deliverance #1. What is your favorite paddling movie of all-time?

JJ: Movies? I've nearly forgotten what they are - with an 18 month-old, my visual entertainment comes in shorter pieces than full-length feature films. But, I remember a few whitewater movies - between Meryl Streep and Kevin Bacon in a raft and Daisy Duke (Catherine Bach) in a Hydra Duet, I'll go with Daisy in the C2 in "Whitewater Rebel."



1992 Olympic Gold Medalist Joe Jacobi

CALENDAR OF TRIPS AND CLINICS: OCTOBER-DECEMBER 2002

RIVER TRIPS Paddling on the river is what kayaking is all about. You can learn a lot in the safety of a pool, but to truly open up the joys of kayaking you gotta hit the river. Pick a trip that fits your skill level (for descriptions of skill levels, log onto www.whitewaterkids.com) and then join our instructors for a day of fun and instruction. Bring your own gear or use CWKC's. Transportation to and from the river is provided. All participants must be current members of the CWKC. Space is limited on most trips, so call now to reserve a space.

- Hiwassee River, October 5, 8:30AM—7PM, Beginner I and up, \$15
- Alabama whitewater trip, October 26, 8AM-7PM, Beginner II and up, \$20
- Cartecay River, November 16, 9AM-7PM, Intermediate I and up, \$20
- For explanations of CWKC's skills rating system, log onto www.whitewaterkids.com.

CREEKIN TRIPS There is no better place on the planet to experience the thrill of winter creekin' than Chattanooga. Each trip will begin by searching for water and rain as we look for small rivers and creeks with big drops, big fun, and few consequences. We'll focus on several of the Tennessee Valley's "beginner" creek runs, like the Tellico River, Daddy's Creek, Clear Creek, and White's Creek. If we have not been blessed with rainfall, then we'll look to the larger rivers and watersheds of the Big South Fork, Ocoee River, or Little River. Paddlers on these trips must be advanced paddlers with bomber rolls, Class III+ river skills, and bored with the Ocoee River. Paddlers must also have winter paddling gear and clothing. For more info on what to wear, log onto www.whitewaterkids.com. Destinations will vary depending on water levels, so call or e-mail the day before to inquire about details. Free to CWKC members.

- November 9, December 14

SLALOM CLINICS If you truly want to be the best kayaker possible, slalom training is the way to get there. This 4-week slalom class will improve your stroke technique, boat handling skills, and will prepare you to compete in the Jiffy Slalom Race on December 7 on the Tuckaseegee River in Bryson City, North Carolina. Even if your true desire is to become the best playboater on the river, slalom racing will give you the skills to make your boat do what you want it to do. Free to CWKC members. Classes held at the Greenway Farm Slalom Course. Class size is limited, so call now to register.

- Wednesdays, Nov. 6, 13, 27, Dec. 4, 4PM-6PM
- Training trip, Tuckaseegee River, November 23, 7:30AM-9PM, \$20

JEFFY SLALOM RACE This race held on the Tuckaseegee River in Bryson City, North Carolina is the perfect race for first-time slalom racers. The focus is on having fun and experiencing the thrill of racing for the first time. We'll leave Chattanooga on Friday, December 7 at 5PM and spend the night at the home of Olympic Gold Medalist Joe Jacobi and his wife Lisa and daughter Seu. We'll leave early on Saturday morning for the race course in Bryson City and return late Saturday night.

- December 6-7, \$30 +\$40 spending money and \$10 for race registration

PRIVATE INSTRUCTION FROM SHAUN If you want personal instruction in slalom or stroke technique from the area's best slalom coach, CWKC members can get free instruction from Shaun Smith. Shaun will be training on the Nantahala River every weekend that CWKC is not running a trip. Members of the CWKC are welcome to go up to the Nanty and paddle with Shaun and get specialized instruction in slalom, stroke technique, or even playboating skills. Call or e-mail Shaun ahead of time to arrange for meeting times. Transportation to the Nanty is your responsibility. To train with Shaun on the weekends, call (423) 842-6629 or e-mail to whitewaterkids@hotmail.com.

ROLLING CLASSES Learn the roll, strokes, and basic kayaking techniques in these informal, fun kayaking classes. Even if you are an advanced kayaker, come work on your off-side and hands roll, flatwater cartwheel, or advanced stroke technique. Boats, paddles, PFDs, and skirts provided. FREE to CWKC members.

- Every 2nd and 4th Tuesday of each month, 6PM-8PM
- UTC Indoor Pool in Maclellan Gymnasium
- October 8, 22; November 12, 26; December 10

- **For more info on any of these trips or programs:**

1. Log onto www.whitewaterkids.com
2. Call (423) 842-6629
3. E-mail whitewaterkids@hotmail.com

- **Space is limited on most trips, so call now to register.**
- **Minimum skill levels are required on some trips (for descriptions of skill levels, log onto www.whitewaterkids.com)**

OCTOBER 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 <i>Hiwassee River, 8:30AM 7PM Beg. II and up</i>
6	7	8 <i>Rolling Class 6PM-8PM UTC Indoor Pool</i>	9	10	11 <i>TEVA Whitewater Nat l Champs, Ocoee River</i>	12 <i>TEVA Whitewater Nat l Champs, Ocoee river</i>
13 <i>TEVA Whitewater Nat l Champs, Ocoee river</i>	14	15	16	17	18	19
20	21	22 <i>Rolling Class 6PM-8PM UTC Indoor Pool</i>	23	24	25	26 <i>Alabama Whitewater Trip, 8AM-7PM Beg. II and up</i>
27	28	29	30	31		

NOVEMBER 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 <i>Slalom Class #1 4PM-6PM Greenway Farm</i>	7	8	9 <i>Advanced Trip Call or e-mail for de- tails.</i>
10	11	12 <i>Rolling Class 6PM-8PM, UTC</i>	13 <i>Slalom Class #2 4PM-6PM Greenway Farm</i>	14	15	16 <i>Cartecay River 9AM-7PM Int. I and up</i>
17	18	19	20 <i>Slalom Class #3 4PM-6PM Greenway Farm</i>	21	22	23 <i>Slalom Training Trip Tuckaseigee River, Bryson City, NC</i>
24	25	26 <i>Rolling Class 6PM-8PM, UTC</i>	27	28 <i>Happy Thanksgiving!</i>	29	30

DECEMBER 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Slalom Class #4 4PM-6PM Greenway Farm	5	6 5PM: Leave Chatt. For Jiffy Slalom Race, Bryson City, NC	7 Jiffy Challenge Slalom Race, Tuckaseigee River, NC
8	9	10 Rolling Class 6PM-8PM, UTC	11	12	13	14 Advanced Trip Call or e-mail for de- tails.
15	16	17	18	19	20	21
22	23	24 NO ROLLING CLASS!	25 MERRY CHRIST- MAS!	26	27	28
29	30	31				

Shaunte's Tech Tips: The Bow Stall

The stall is a test of balance not power, making it achievable by anyone. The first thing that one needs in performing a bow stall is a rodeo boat that has a small bow appropriate for your weight. The easiest way to learn a stall is to add water into the bow of your boat. It is best to experiment with different amounts of water to find what's best for you and your boat. Once you have H₂O in your boat, paddle forward while leaning forward until the bow of the boat sinks and the boat comes to a balanced position. It may take many attempts to find the balance point.

Once you are in the balanced position, your objective is to maintain this position for as long as possible. Your paddle and hands should be submerged in the water at this point. If one starts falling over the top, your natural reaction is to lean back, but that will pull you over. I guess that the up side of that is that you can give an updated fish count. What one



Shaun demonstrating the bow stall.

needs to do if one starts falling over the top is to thrust ones paddle, hands, and/or paddle into the water. This will benefit oneself in two ways. First, it will cause the boat to be pushed back into the balanced position.

Second, this sets you up for a roll if you do go down for the count.

If one starts falling back, from the balanced position, the best thing to do is to lean forward with your shoulders, head, hands, and/or paddle. Once you have stretched forward you can pull the paddle towards yourself in the water. Both of these actions will aid in bringing the boat back to the balanced position. Once you have mastered this, start trying this with less and less water in the boat.

When you are ready to try the bow stall with no water in the boat, the best plan of attack is to first sprint forward sitting upright, not letting the bow sink. Then throw your weight forward trying to sink the bow while still sprinting forward. Once the bow does begin to dive, keep your paddle shaft out of the water, so you can continue paddling forward.

Now that you know how — and knowing is half the battle — go out and get your stall on!

For more of Shaunte's Tech Tips, check out our Tech Tips link at www.whitewaterkids.com or e-mail your Tech questions to Shaun at whitewaterkids@hotmail.com.

CWKC MEMBERSHIP INFORMATION

Join the CWKC and get access to paddling trips, instructional clinics, and CWKC equipment, like Dagger boats and Werner paddles. From slalom training to rodeo, from beginner through advanced, the CWKC wants to provide the ultimate whitewater experiences for junior-age paddlers in the Chattanooga-area.

Download registration form at www.whitewaterkids.com.

One-Year Individual Membership \$30
One-Year Family Membership (for multiple children) \$50

OUR MISSION The CWKC exists to promote the exciting sport of whitewater kayaking to young persons age 11-16. It is our goal to offer expert kayaking instruction in recreational, rodeo, and slalom kayaking. We also strive to provide opportunities to utilize new skills through safe and professionally-led river trips.

INSTRUCTORS The CWKC instructors bring years of teaching experience to your learning experience. Most of our instructors are ACA-certified whitewater kayaking instructors, the highest teaching certification offered in the whitewater paddle sports industry. In addition, most instructors are at the cutting edge of whitewater kayaking, continuously honing their skills and resumes in the whitewater world. For bios of our instructors, log onto www.whitewaterkids.com.

OUR SPONSORS The CWKC is managed and operated by Chattanooga OutVenture, the outdoor adventure section of the Chattanooga Dept. of Parks, Recreation, Arts & Culture. The CWKC also receives community support and sponsorships from the following companies and organizations: **Rock/Creek Outfitters**, **University of Tennessee at Chattanooga**, **Dagger Canoes and Kayaks**, and the **Tennessee Valley Canoe Club**.

Is your CWKC membership current?

Here's how to tell when your membership expires. Look at the date on the top line of the mailing label. That is the date that you either joined or renewed your membership. Add one year to that date to find out when you need to renew. If there is no date on your mailing label then you need to join the CWKC! Give us a call if you have any questions on your membership status.

Chattanooga Whitewater Kids Club a
junior kayaking instructional program
for youth ages 11-16

Chattanooga OutVenture
Attn: Whitewater Kids Club
5051 Gann Store Road
Chattanooga, TN 37343

Phone: (423) 842-6629
Fax: (423) 842-9239
Email: outventure@mail.chattanooga.gov

www.whitewaterkids.com



PARKS
RECREATION
ARTS
CULTURE

